



## ADVANCING HEALTHCARE AWARDS UK 2017

### ENTRIES FROM ARTS THERAPISTS

We set out for the 2017 Awards to encourage entries from arts therapists. They told us they had become rather distanced from the Awards in recent years and we wanted to turn this around. The introduction of a new category, Innovations in Mental Health, sponsored by The Guardian, helped to catch the eye of those working with people with mental health problems, using the techniques of art therapy, music therapy or dramatherapy. And, to our delight, we also attracted entries into other relevant categories. One of our Rising Stars is a music therapist.

Only a few can be winners but we thought it would be valuable to publish a summary all the entries from arts therapists with a brief description of their projects (written by entrants or their nominators) and with contact details. Our aim is to provide a simple resource for others looking for inspiration or just to find out more about the contribution made by this important part of the AHP family.

And the challenge for 2018? To attract even more arts therapists working in every setting throughout the UK. Thank you to all who took the time to enter this year.

Alison Dunn  
Joint managing director  
Chamberlain Dunn

#### **HSL's Rising Star Award**

Sponsored by Health Services Laboratories

Fiona Brannon, music therapist, Warwickshire Music

Fiona has achieved a huge amount in her first two years since qualifying. She has the empathy and understanding of someone with much more experience, both with her clients and with colleagues. Fiona is in her natural habitat as a music therapist; she works instinctively – with perfectly attuned instincts.

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#### **The CDL Award for entrepreneurship**

Sponsored by Chamberlain Dunn Learning

#### **WINNER**

##### *Redefining art therapies provision*

Jo Godsall, dramatherapist and clinical services manager and Daniel Thomas, managing director and music therapist, Chroma Arts Therapies

Chroma's mission is to increase the availability of arts therapies, to influence and inform policy and commissioners and to improve outcomes for clients. This is achieved through collaboration, professionalism, influence, investing in resources and clinical integrity. Chroma's approach raises standards and radically redefines a profession that has struggled for recognition.

[jo@wearechroma.com](mailto:jo@wearechroma.com)

#### **ENTRIES**

##### *The Book Group*

Jane Bourne, dramatherapist, Northumberland Tyne & Wear NHS Foundation Trust

The 'Book Group' is linked to The National Agenda to keep people with an intellectual disability living in the community rather than in long term psychiatric care. The group bridges occupationally between a hospital and an accessible locality, so adults can become familiar in a community environment prior to discharge.

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### **FPH and PHE Award for contributions to public health**

Sponsored by the Faculty of Public Health and Public Health England

#### **ENTRY**

##### *Chroma - Arts therapies with young people*

Jo Godsal, clinical services manager, Chroma Therapies

Chroma provides arts therapies nationally to young people at risk of poor health outcomes. We are commissioned by mainstream schools to provide a universal service, and by local authorities to work with adopted children, all of whom are at risk of exclusion, self-harm and with pre-clinical mental health problems.

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### **Category 9 - Northern Ireland's Maximising resources for success**

Sponsored by Department of Health in Northern Ireland

#### **ENTRY**

##### *The Therapeutic Art Gallery*

Emma Dunn, occupational therapist, Belfast Health and Social Care Trust

This project integrates artwork and IT into an occupational therapy stroke rehabilitation programme. Artwork has been placed throughout the ward and ward entrance to provide stimulating and distinguishable cues in therapy. Electronic tablets provide patients with written instructions, picture or auditory descriptions to navigate their way to the artwork.

The stroke unit had the opportunity for patients to participate in art activities which resulted in those pieces being framed and displayed on the ward. This provided a catalyst through which staff understood more about how art has the potential to be incorporated into rehabilitation.

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### **The Guardian Award for innovation in Mental Health**

Sponsored by The Guardian

#### **WINNER AND OVERALL WINNER**

##### *Voice of release*

Lynsey Grierson, clinical specialist occupational therapist South Eastern Health and Social Care Trust and Sheila Smyth, musical director, The Right Key

'Voice of Release' is an innovative singing for health project which gives high risk and vulnerable male and female prisoners a voice both inside the gates and outside. It seamlessly offers them a unique opportunity to find hope whilst in custody and continue in a Recovery Project in the community.

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#### **HIGHLY COMMENDED**

##### *NetPark Wellbeing Project*

Emma Mills, NetPark mental health wellbeing coordinator, Metal Arts Organisation

The NetPark Wellbeing project invites participants living with anxiety, depression, social isolation and dementia to utilise outdoor spaces reflectively, exploring digital and traditional art. Walking in nature and undertaking new creative skills increases confidence, independence and social engagement. Our aim is to reduce the number of visits to GP/crisis teams.

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#### **RUNNER UP**

##### *Music Mirrors*

Heather Edwards, music therapist, Music Mirrors and Amy Semple, project manager, dementia, Health Innovation Network, South London

Music Mirrors are brief toolkits of written life story with cues of sounds and music embedded to spark further personal memories. Written as emails with live web links, Music Mirrors are digitally portable and can be stored for free on the website [www.musicmirrors.co.uk](http://www.musicmirrors.co.uk) or shared with family or carers as needed.

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## ENTRIES

### *Dramatherapy in Early Intervention in Psychosis*

Louise Combes, dramatherapist and Alex Perry, psychologist, Aspire Community Links, Leeds

The first NHS-funded service to provide sustained group dramatherapy for people experiencing first episode of psychosis.

Research suggests 20-50% of service-users cannot use talking therapies. Our 'wordless' approach has aided the most isolated to lead meaningful lives. More than 60% were in or seeking education or employment 6 months after treatment.

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### *Creative Heritage in Mind*

Maggie Batchelar, art therapist, Norfolk & Suffolk NHS Foundation Trust and Juliet Lockhart, artistic director, LockARTS, Colchester

Creative Heritage in Mind was a partnership between heritage services, Norfolk & Suffolk NHS Foundation Trust (NSFT) and a community arts charity. This innovative project used historical artefacts in local museums to inspire a creative response and promote well-being. Participants said it took them 'on a journey of self-discovery'.

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### *Recovery Focussed Arts Therapies*

Kimberley Lyemere, arts therapies, professional lead, Cambridge and Peterborough Foundation Trust

This project is a new cutting edge Recovery Focussed Arts Therapies Service, gaining increasing recognition from within our organisation, national professional bodies, and wider AHP network. Within it unusual, creative, collaborative and impactful approaches have been emerging, offering bridges to social inclusion.

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### *Willow*

Ali Kelly and Dr Alyson Coleman, dramatherapists, NHS Croydon

Willow is a unique, bespoke bereavement service for children with life limiting/threatening conditions and their siblings.

The project is a direct response to all those families enduring the unimaginable task of living with types of cancer, degenerative conditions and numerous other illnesses meaning that the child is not expected to live until their nineteenth birthday. It is embedded within the Children's Hospital at Home Community (CHAH) paediatric nursing team and offers children individual or group dramatherapy and training/ support to professionals around the child.

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### *Music Therapy with Women in Prison who have a Personality Disorder*

Frances Key and Jane Lings, music therapists, Nexus, and HMP Eastwood Park

We provide 1:1 and group music therapy for women living and working on a specialised personality disorder unit in the prison. The sessions allow for an agenda-free space where the women can connect to themselves and others more through music. Our aim is the improvement of overall wellbeing.

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### *Working without Words*

Kate Pestell, head of arts therapies, NHS Lothian, Royal Edinburgh Hospital

In 2014 Edinburgh and Lothian Health Foundation made the bold decision to fund a head of arts therapies post for two years within NHS Lothian. The aim was to see if the arts therapies could demonstrate their value to the organisation and the people who use its services.

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### *'Outside the box': museum-based art psychotherapy*

Ali Coles, art psychotherapist and Fiona Harrison, honorary art psychotherapist, 2gether NHS Foundation Trust, Gloucester

Young adults with complex mental health difficulties used museum objects to help with exploring and expressing their feelings and experiences – like a 'springboard', as one participant put it. This museum-based NHS art psychotherapy group also challenged the stigma of mental illness; 'I could be a person, not a patient.'

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### *Creative Groups Music Therapy*

Emma Lamberton, communications manager, Coram, London

Our Creative Group sessions met the needs of families who had attended Stay and Play sessions that lost funding. Families could self-refer, and groups had a therapeutic, child-led approach which actively welcomed and supported children with and without special educational needs and disabilities from a vulnerable section of the community. We worked with our early years' coordinator, senior music therapist and a volunteer support worker to coordinate the child-led music therapy focused groups.

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### *The safe (two dimensional) space where we meet*

Louise Higgs, art psychotherapist and Christopher Peckham, clinical lead art psychotherapist, Resources for Autism, London  
Within 1-1 art therapy sessions for young autistic children, alongside using art materials, I introduced an inverted laptop camera, developing a 'safe-enough' two dimensional space, on screen, in which client and therapist could explore Self and 'other' together. This led to significantly improved levels of self-awareness and social interaction.

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### *Thumbswood Mother and Baby Unit Music Therapy Project*

Karen Gold and Helen Mottram, music therapists, Hertfordshire Partnership University NHS Foundation Trust

Thumbswood is unique among specialist UK perinatal in-patient psychiatry units in providing weekly music therapy groups for mothers and babies, in which a highly trained therapist sings and plays with mothers with severe post-natal mental illness and their babies, to subtly support and develop the delicate attachment relationship between them. Babies pick out their own mothers' voices within 12 hours of birth. Mothers and others communicate with babies and manage their feeling-states musically, with their voices.

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### *Camden Supported Housing Art Therapy Workshops*

Ruvani de Silva, communications manager, and Edward Bbira, senior art therapist, Coram, London

Coram's qualified art therapists provide accessible workshops for homeless and vulnerable young people in Camden, aged 16-25, who live in the supported housing. They can be difficult to engage and may have specific needs. Our workshops aim to boost their self-esteem and offer them a positive experience of care.

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### *The Art Psychotherapy 'Gallery Group'*

Sharon Jeffrey, art psychotherapist, NHS The State Hospitals Board for Scotland

The Art Psychotherapy 'Gallery Group' was a 12 session, integrated psychotherapeutic and creative arts, project-based venture which utilised the existing resources, skills and expertise of the art psychotherapist and arts and craft instructors to encourage, inform and support participants in a forensic mental health setting to communicate via artistic mediums.

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### *United Voice Choir for LYNFEST*

Christopher Weston, head occupational therapist, specialist inpatient services and Katy Gaul, music therapist, Bradford District Care Foundation Trust

Moorlands View United Voice Choir comprises of service users and staff. Playing many regional events, their songs, delivery and collaborative approach are powerful motivation to many. In June 2016 United Voice members' staged LYNFEST – music arts and crafts festival for BDCFT forensic, acute, rehabilitation and elderly inpatients and carers.

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### *Hospital Rooms - Phoenix Unit*

Hannah Spreadbury-Troy, occupational therapist, South West London & St George's Mental Health NHS Trust, Phoenix Unit, Springfield University Hospital and Tim A Shaw, co-founder, Hospital Rooms

Hospital Rooms were engaged to commission world class artists to co-produce 10 high quality, compliant artistic and therapeutic environments in genuine partnership with mental health service users and practitioners for the Phoenix Unit, a secure psychiatric unit for people with schizophrenia. They also programmed tailored artistic workshops for service users.

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### *Songs for You*

Jessica Kent, arts for health lead, South Staffordshire and Shropshire Healthcare NHS Foundation Trust, St George's Hospital

Songs for You is a creative singing project developed through consultation with clinical staff, service users and carers, professional artists and volunteers to become a vital lifeline for those people with dementia and their carers looking to benefit from stimulating and enriching activities to share with their partner

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### *Improving mental health in adolescent girls through dramatherapy*

Deborah Haythorne, project director, Roundabout, Croydon

A Roundabout dramatherapy project with a state secondary school for girls. The project offers a highly specialised form of intervention: a psychological therapy in which performance arts are used within the therapeutic relationship. The project works with students with autism (ASD), with mental health needs, and sensory needs.

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### *Art Talking 2*

Susan Holmes and Peter Brown, senior therapists, Art Therapy Yorkshire

ArtTalking2 is a unique combination of studio art therapy and community engagement. Through collaboration between our therapists and the group members we have developed a vital positive approach to mental health and chronic disengagement in society. This has become hugely significant to members who are now driving the project on.

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### *London Art Therapy Centre*

Hephzibah Kaplan, director, London Art Therapy Centre

London Art Therapy Centre (LATC) is a unique, innovative social enterprise providing high quality art therapy to children, teenagers and adults in a bespoke art therapy environment in Kings Cross. Accepting both funded and self-funding referrals, people can now independently and directly contract art therapy at this specialised group practice.

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### **The Macmillan award for Leadership and innovation in cancer rehabilitation**

Sponsored by Macmillan Cancer Support

*Paint me this way! Enabling Self-Identity Revisioning through Portraiture, for people living with Life Limiting and Chronic Illnesses*

Susan Carr, art therapist, Prospect Hospice, Swindon

Portrait Therapy is a new, flexible and inclusive intervention developed with, and for, people who experience life limiting and chronic illness as a disruption to their self-identities. Portrait therapy enables patients to re-vision their self-identities through directing how they wish to appear in co-designed portraits painted by an art therapist.

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For further information about the Advancing Healthcare awards email [rachael@chamberdunn.co.uk](mailto:rachael@chamberdunn.co.uk)

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